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Soldiers prove they are fit to win and accomplish a mission with teamwork.

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## The Fort Jackson Leader

Thursday, July 24, 2008

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# Post welcomes new CG

## Change of Command ceremony begins 9 a.m., today

**Mike A. Glasch**  
Leader Staff

Brig. Gen. Bradley W. May will assume command of Fort Jackson from Brig. Gen. James H. Schwitters today at 9 a.m. during a change of command ceremony on Darby Field.

May comes to Fort Jackson from Alexandria, Va., where he has served as the director of the Enlisted Personnel Management Directorate of the U.S. Army Human Resources Command since September.

In his more than 25 years with the Army, May has had stateside assignments in California, Col-



May



Schwitters

orado, Virginia, Kentucky and Louisiana, as well

as overseas assignments in Germany, Iraq and Bosnia-Herzegovina.

May deployed under Operation Iraqi Freedom March-May 2003 as the deputy commander of the 3rd Armored Cavalry Regiment, and from June 2003 to February 2005 as the commander of the 2nd Armored Cavalry Regiment. Following his deployment, he was assigned to the Joint Staff as the chief of the Strategy Division in Washington.

May received a Bachelor of Business Administration from Northeast Louisiana University; a Masters of Military Arts and Science from

the U.S. Army Command and General Staff College and a Masters in Strategic Studies from the U.S. Army Air War College.

He has received numerous medals and badges including: the Legion of Merit, a Bronze Star with "V" device, a Bronze Star, the Meritorious Service Medal, the Army Commendation Medal, the Army Achievement Medal and the Combat Action Badge.

May will replace Brig. Gen. James H. Schwitters who is retiring after more than 30 years of military service.

Michael.A.Glasch@us.army.mil



Photo by Chris Rasmussen

**Lester Williams, a civilian instructor for Task Force Marshall, inspects a sailor's weapon following a training exercise Wednesday at Range 7. TFM transitioned in July to using contractors for many positions formerly held by Soldiers.**

## Task Force Marshall replaces military trainers with civilian contractors

**Chris Rasmussen**  
Leader Staff

They may not wear a military uniform or be required to salute officers, but the new civilian contractors working with Task Force Marshall are doing the same job as their military predecessors.

TFM, which is charged primarily with training sailor augmentees and Individual Ready Reserve Soldiers for deployment, has switched to using contractors for many positions formerly held by Soldiers.

"Replacing Soldiers with civilians is part of the Army's plan to have more green suits available for other missions," said Lt. Col. Tom Clarke, battalion commander. "We still have a core cadre of military personnel."

TFM employs 50 civilians in positions such as training sergeants, supply NCOs, armorers, instructors, administrative sergeants, supply clerks and administrative clerks.

"This could be the future structure of training," Clarke said. "We are on the cutting edge."

Positions that have stayed military include company commanders, executive officers, first sergeants, drill sergeants and the command team. TFM has four companies, with three companies devoted to training sailor augmentees. The fourth company trains IRR Soldiers.

The transition to using civilians in these positions was completed June 1 and the Soldiers they replaced, who are reservists, have been assigned across Fort Jackson until their current orders

have expired.

"Overall it has been very fruitful for us to have these folks on board," said Command Sgt. Maj. Daniel Hagan, battalion command sergeant major. "There was the natural reaction of what to expect from the contractors, but once they were on board, many of us were surprised by their level of knowledge."

The contractors are mostly military retirees and include former Rangers, Marines and Soldiers from a variety of military occupational specialties.

"This job has been a blessing to me," said instructor Lester Williams, who retired from the Army in 2005 as a sergeant first class. "I love training. When this came along I jumped on it. We do the same things as the drill sergeants do."

The transition to using civilians, however, was not without challenges and issues. The different types of licensing requirements is harder for a civilian to obtain and since contractors are not bound by orders, they can leave the job with little or no notice.

"Contractors are not bound by the same requirements," Clarke said. "We are on orders, but civilians can take another job."

Despite the challenges, TFM made the transition more than a month ahead of schedule.

"We really blew the timeline out of the water," Clarke said. "We were given a mission by TRADOC and we have exceeded the standard of training our Soldiers and sailors."

Chris.Rasmussen@us.army.mil

## Ask the Garrison Commander

# Hearts Apart group; Relocation program

**Q** Is there a support group available at Fort Jackson for spouses of deployed Soldiers who do not have a unit at Fort Jackson and spouses of service members serving on an “all others” tour or a field training exercise?



Col. Dixon

**A** Yes, the “Hearts Apart” support group meets monthly on and off post. This group links family members and children who are left behind because of the sponsor’s mission requirements. It provides a supportive environment and opportunities for families to learn about resources available to them. It also provides an opportunity for families to network with each other during the absence of their sponsors. If you are interested in becoming a member of the “Hearts Apart” family support group or would like additional information, call 751-7489 or e-mail [Patricia.A.Guillory@us.army.mil](mailto:Patricia.A.Guillory@us.army.mil).

**Q** My spouse is active duty and we just relocated to Fort Jackson. This was my first move and I felt that we should have been better prepared. Are there any resources or services available to help us with our next move?

**A** Yes, the Army Community Service Relocation Program provides monthly seminars on relocation planning. These classes help service members and their families who are PCSing stateside or overseas to ensure a smooth move and help to minimize stress.

The ACS Relocation Programs also provides one-on-one relocation counseling. Families can also visit <http://www.militaryhomefront.dod.mil> for information about their new location. For information, call 751-5256.

**Q** What is the difference between an administrative board and an administrative separation board?

**A** Administrative board procedures are the process of an administrative separation action, during which

the respondent will have a right to a hearing before a board of officers. It is initiated in the same manner as the notification procedure. An administrative separation board is a board of officers, or officers and noncommissioned officers, appointed to make findings and to recommend retention in the service or separation. The board states the reason and recommends the type of separation or discharge certificate to be furnished to the Soldier.

### Garrison Fact of the Week

Are the gas prices taking a chunk out of your budget? If so, learn how you can manage your money to make it last longer. Army Community Service Financial Readiness offers monthly classes in savings and investing, budget development and credit wise. These classes can help establish sound financial savings principles. For more information, call 751-5256 or visit [http://fortjacksonmwr.com/acs\\_fin/](http://fortjacksonmwr.com/acs_fin/).

To submit questions to “Ask the Garrison Commander,” call 751-5442, or e-mail [Scott.Nahrwold@conus.army.mil](mailto:Scott.Nahrwold@conus.army.mil).

# Youth too dependent on parents to fill summer vacation

## COMMENTARY

David Kuhns Sr.  
Northwest Guardian

It’s hard to believe that figuring out how to fill a summer could ever be a problem.

Look around you. There is so much to do you could never get to it in a dozen summers. It’s just a matter of prying your way outside and doing it.

To borrow a cliché, youth is wasted on the young. That children need to be guided to activities might be the greatest failing we — the parents — have foisted upon them. Doesn’t anyone just play anymore?

I look back on the summers of my memory and I can remember endless activity, most of it outdoors. I don’t remember much of it having been planned by anyone but me and my buddies.

We played a lot of pick-up sports back then. Most other kids did, too. It was hard to find any sort of baseball field that didn’t have a group of young players throwing a ball around. I don’t mean organized

leagues, with bleachers full of yelling parents, I mean a group of guys — and girls, too — riding their bikes to the school and picking sides. We figured out ways to play games with four or five on a side (one outfielder — the ball has to be in left field to be considered fair, and the on-deck batter plays catcher for the other team).

We played all sorts of variations (no walks, two strikes and you’re out, and on and on). The important thing was that the games went on for hours.

I lived at the edge of town, with miles of fields and woods within reach. We spent endless time roaming what seemed like our own wilderness. We climbed trees to examine the eggs in birds’ nests. We took target practice with sling shots firing rocks at hornets’ nests — prepared to sprint to safety if we got lucky.

We built “forts” for days (usually more like foxholes, but imagination filled in the necessary battlements), then attacked those fortifications in long wars, armed with pine cones and cap guns.

We rode bikes just to feel the wind in our faces — often with a baseball card

clothes-pinned to the frame so it flapped on the spokes and made a great sound as we accelerated down the street.

Walking to the store to buy candy was always a favorite pastime, but that took money. Earning a little ready cash was a frequent obsession.

We had the classic lemonade stands, of course, but there was too little adventure in that. It was more fun to take an empty coffee can to the woods to pick blackberries. We’d return to the neighborhood eventually with a can full of ripe berries, arms scratched from the thorns and hands stained purple (and lips, too; you had to sample your crop). We would run door-to-door to offer our pickings to whomever was at home; a quart of fresh, warm, aromatic heaven for a handful of loose change.

There was one great summer when a university student told my dad he would pay me and my big brother for snakes: 25 cents a foot. That might have been the best vacation ever. We spent days poking through the underbrush looking for slithering reptiles.

I benefited from tolerant parents. In-

evitably, some of our captures escaped in the house. I learned a shoe box wasn’t the most secure cage for a lively snake intent on freedom. I will never forget lying on the floor in the living room to read a book, only to spot a garter snake staring back at me from under an easy chair. Then there is the image of my dad trying to coax an angry and hissing gopher snake out from behind the oil tank in the garage ...

Did any of you ever spend a hot afternoon catching grasshoppers in a field? Remember the acrid smell and the brown stain of their “tobacco juice” on your hands?

Of course there are a lot of wonderful, safe, well organized and fun activities, both on post and off available for children now. They are often educational, they ease parental worries and they fill the time until school starts again.

But I wonder what sort of memories today’s children will have when they look back in 40 or 50 years. Youth is wasted on the young — and maybe it’s our fault.

**Editors note:** David W. Kuhns Sr. is editor of Fort Lewis’ Northwest Guardian.

## The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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[fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).

### Staff

Commanding General .... Brig. Gen. James H. Schwitters  
Public Affairs Officer ..... Karen Soule  
Command Information Officer ..... Joseph Monchecourt  
Editor ..... Carrie David Ford  
Staff writer ..... Mike Glasch  
Staff writer ..... Ashley Henry  
Contract writer ..... Chris Rasmussen  
Contract writer ..... Susanne Kappler  
Web site ..... [www.fortjacksonleader.com](http://www.fortjacksonleader.com)

## Web site answers 'How can I help?'

### Army News Service

WASHINGTON — The "Gifts to Army" Web site, launched today, is an online resource developed to streamline and process gifts to the Army that benefit Soldiers and their Families.

Citizens often ask Soldiers, their family members and Army civilians how they can support the Army. They want to know how they can help men and women in uniform. This Web site will provide the public an online resource to answer the question: "How can we help?"

The launch of the site centralized the many venues and paths for the public whose offers of support fall within the Army's overall Gift Program, which is managed by the Office of the Administrative Assistant to the Secretary of the Army. Contribution options addressed on the site include support for the Army, Soldiers and their families, wounded warriors, Army installations and more.

"This Web site is not intended as a solicitation, but merely as a way to provide information on the options and programs available to those who have expressed a desire to make a contribution," said Joyce Morrow, administrative assistant to the secretary of the Army.

The Army Gift Program has existed for many years under the authority of Title 10 United States Code, Section 2601. On Jan. 28, Bush signed into law, the National Defense Authorization Act for Fiscal Year 2008 (Public Law 110-181, Section 593), which expanded the Army's gift acceptance authority to include acceptance of gifts on behalf of wounded Soldiers, wounded civilian employees, and their families.

The people of the United States carry on a time-honored tradition of caring for and supporting their men and women in uniform.

The "Gifts to Army" Web site provides a central source of information to refer those interested in contributing to and supporting Soldiers and Army families and offers ways for them to express that support, should they choose.

For more information, visit the "Gifts to Army" Web site at <http://giftstoarmy.army.mil/>.



Photo by Susanne Kappler

**Col. Richard Mustion addresses the Soldiers and guests during the Soldier Support Institute Change of Command ceremony July 15 at the Officers' Club. On the same day, President Bush nominated Mustion for promotion to brigadier general.**

## New SSI commander nominated for first star

**Susanne Kappler**  
Leader Staff

A Fort Jackson officer is one of 40 colonels who was nominated by the president July 15 to be promoted to brigadier general.

Col. Richard Mustion accepted command of the Soldier Support Institute last week.

"I am honored and humbled by the nomination and look forward to continuing to serve our Army and nation as the commander of the SSI," Mustion said. "I have been blessed to serve with truly outstanding Soldiers and civilians who have taught, supported and assisted me throughout my career. My nomination for promotion reflects the accomplishments of these team members and I thank each of them."

A selection board comprising general officers suggests who should be nominated. Once the president signs off on the nominations, they are submitted to the Senate.

Promotions of colonels selected to join the general officer ranks are first examined by the Senate Armed Services Committee and then confirmed by the Senate.

Mustion was commissioned as an officer in the Adjutant General Corps in May 1981.

Throughout his career, he has served in command and staff positions in the United States, Germany, Korea and Iraq. Before taking command of the SSI, he served as the commandant of the Adjutant General School.

*Susanne.Kappler1@us.army.mil*

## Carolina native returns as post's inspector general



Photo by Ashley Henry

**Ashley Henry**  
Public Affairs Intern

Lt. Col. Marlon James is ready to take on the position of inspector general at Fort Jackson and begin helping and teaching others.

James, who began as Fort Jackson's IG at the beginning of July, was commissioned May 1990, with the early commission program, from South Carolina State University and graduated in 1991 with a major in political science. He went on to receive his Master's of Human Resource Management from Webster University.

James comes to Fort Jackson from Fort Hood, Texas, where he was assigned to the 3rd Armor Corp (504th Military Intelligence Brigade) as a battalion executive officer.

As a captain, James worked at the Pentagon as a G-2 Army briefer giving a daily intelligence update to the secretary of the Army and the chief of staff of the Army.

James was at the Pentagon during the 9/11 at-

tack and remembers it as a remarkable experience seeing people come together.

After being nominated by his branch, military intelligence, to be an IG, James completed his IG training at Fort Belvoir, Va., and said it is the best Army school he has attended.

"I've never come out of a course more prepared and sure of myself than I did with this one," he said. "I have also had some great mentors that have showed me what right looks like."

James said he is looking forward to the opportunity to contribute to the Army through this position as well as using his past experiences to guide him.

Returning to South Carolina has been a great experience so far for James, who said he feels right at home here.

"As a native of South Carolina it's great to be home. I look forward to serving the Fort Jackson community."

*Ashley.Rose.Henry@us.army.mil*

**Lt. Col. Marlon James took over as the Inspector General of Fort Jackson at the beginning of July. Fort Jackson is James' first duty assignment as an IG.**

## Around Post

### CG Change of Command

The commanding general Change of Command ceremony is set for 9 a.m., today at Darby Field. Brig. Gen. James H. Schwitters will relinquish command to Brig. Gen. Bradley May.

### Reclamation Sale

The Fort Jackson Reclamation Sale will take place from 8 a.m. to 5 p.m., Aug. 4-8 at 2570 Warehouse Road. Aug. 4 is open for E1 through E5; Aug. 5 is open for training cadre; Aug. 6 and 7 is open for all active duty Soldiers; Aug. 8 is open for all active duty, Reserve and National Guard Soldiers. Sales are cash only.

### Newcomer's Orientation and Re-entry Brief

A Newcomer's Orientation and Re-entry Brief will be from 9 a.m. to noon, Aug. 6 at the Post Conference Room. For more information, call 751-4862/6325.

## Seeking Stories

### Veterans, Retirees

If you were at Fort Jackson or were in the Army during the 1950s when racial integration of the armed forces was instituted, the Leader staff would like to talk to you for an article.

### Soldiers

The Leader staff would like to talk to Soldiers who have attempted or considered suicide, or someone who has been affected by a Soldier's suicide or attempt. The article will be tastefully written and anonymity will be honored.

Share your story for Suicide Prevention Week in September — what led to your considering or attempting suicide, what helped you through your difficult time and how you are doing now — so that maybe your story can help someone else.

Anyone interested in talking to the Leader staff about these articles, call 751-7045 or e-mail [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).

# New travel cards to be issued by Citi

## Defense Travel Dispatch

DoD's current Government Travel Charge Card contract with Bank of America is ending this year. Citi was awarded the contract as the new GTCC provider and will continue to support the mission needs of more than 1.2 million DoD travel cardholders.

### What cardholders need to know

As the Travel Card Program transitions from one vendor to another, all government travel cardholders will receive new cards beginning in August.

Current cards expire at 11:59 p.m., Nov. 29. New GTCCs issued by Citi will be ready for use at midnight, Nov. 30.

Cardholders are advised to confirm their mailing addresses on file with Bank of America as new travel cards will be mailed to that address. If you are scheduled for a Permanent Change of Station move, ensure that your new address and date of move is on file with Bank of America.

Cards that are sent to an incorrect address will be returned to Citi. The Agency Program Coordinator will not have the option to forward the mail to your new address. If you do not receive a new travel card by Oct. 31, notify your APC.

**Important Note:** Verify receipt of your new travel card immediately by phone or online, to ensure you will be able to use it Nov. 30. Contact information for verification will be printed on a sticker affixed to the new card.

As part of the receipt verification process, you must agree to

the terms and conditions to use your new card.

### Traveling During the Cutover

If you will be traveling during the cutover (Nov. 29-30), charge all official travel expenses up to, and including, Nov. 29, on your current GTCC. Travel expenses incurred from midnight, Nov. 30, should be charged to the new GTCC issued by Citi.

### Outstanding charges

Pay all outstanding, undisputed charges on your Bank of America GTCC before Nov. 29. If you currently have a credit balance, call the phone number on the back of the card to request a statement. After the cutover, Bank of America will continue to accept and receive payments for charges previously made on its cards.

### What to expect

Since the new card will also be VISA branded, cardholders will have the same worldwide charging privileges as they do with the current program. Charge limits will remain the same and APCs will have the authority to raise limits to meet mission requirements.

### Checklist for more information

Your primary contact for the transition is your APC.

For more information, visit [www.defensetravel.dod.mil](http://www.defensetravel.dod.mil), [www.gsa.gov/smartpay](http://www.gsa.gov/smartpay) or send questions to [dtmotc@dtmo.pentagon.mil](mailto:dtmotc@dtmo.pentagon.mil).

# Thrift Shop summer interns learn the ropes

## Susanne Kappler Leader Staff

The Fort Jackson Thrift Shop used to award a \$1,000 scholarship to a deserving student, but for this summer, the store has implemented another way to help young people in the community.

The store's eight-week summer intern program employs four students, who will each receive a \$1,000 stipend in August.

"This year, we decided to do something different," said Joy Faust, Thrift Shop manager. "Rather than just give (money) to one student, we really worked hard over the last year to increase our profits, so that we could give to more."

The students spend time learning the various aspects of running the store, ranging from customer service and cash handling to budgeting and planning.

"Everybody needs marketable job skills," Faust said. "So we thought that it would be more of a benefit to bring them in-house and have them shadow all of the various positions, so that they could pick up a variety of different skills that will benefit them, regardless of what they do."

Karl Deavion Schmitt, 16, will begin 11th grade at Richland Northeast High School in the fall and enjoys his time at the store.

"This is fun. I've made a couple of good friends with the other interns here," he said. "This will definitely help me out on a resume, without a doubt."

Shaleina Smith, 16, a Dreher High School 11th-grader, plans to apply the money she makes as a summer intern toward her college tuition. She said she appreciates being taught skills that might be helpful in other jobs.

"They (the Thrift Shop staff) help you and take their time," she said. "If you still don't understand it, they'll walk you through it. It's just a lot of fun."

Faust, who said she was extremely excited about the program, pointed out that the benefits do not just come in the form of a paycheck.

"We're not just going to give them a check," Faust said. "We're going to give them a review over their job performance — something they can actually take away as a reference."

*Susanne.Kappler1@us.army.mil*



Photo by Carrie David Ford

**Quinton Cox, 16, tidies up Friday as part of his duties as a Thrift Shop intern.**

## Customer Service Corner

Fort Jackson is looking for volunteers to participate in a Drill Sergeant Spouses' Focus Group, which will be held from 8 a.m. to noon, Aug. 21 in the Plans, Analysis and Integration Office.

The goal of this focus group is to generate issues pertinent to drill sergeants' spouses. Eight to 12 volunteers are needed. Volunteers are also needed for facilitators, recorders, transcribers and issue support for this and upcoming focus groups. Training will be provided. Anyone interested in volunteering should call 751-3425. Child care will be provided for those who register in advance.

The following issue surfaced at the veteran focus group and was recently completed:

**Issue:** Dissemination of veteran services information

**Scope:** Fort Jackson is giving information to the South Carolina Veterans Affairs Officers and Military Organiza-

tions, which is not filtering down to the individual veterans, who are left uninformed and unable to use said services.

### Recommendations:

1. Require Fort Jackson to list services available to veterans on its Web site: [www.jackson.army.mil](http://www.jackson.army.mil);
2. Require Fort Jackson to devote a section to veterans in *The Leader* newspaper to keep veterans abreast of current information.

**Response:** *The Fort Jackson Leader* and the installation Web site are here to serve the community, therefore information deemed useful or of interest by any constituent group is published. As information is made available or brought to our attention, we will be glad to share it with our audiences. At this time, there is not enough veteran-specific information to justify a section in the newspaper. However, there was a question added under the "Frequently Asked Questions" section of the retirees/veterans link on the Fort Jackson home page that addresses what is available on Fort

Jackson for veterans (not retirees) to use.

All issues submitted through Community FIRST/AFAP can be viewed or new issues submitted through the Customer Management Services Web site. Submit issues whether they affect Fort Jackson or the entire Army; feedback is important.

Submit issues and recommendations online at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. Click on "Submit an Issue or Recommendation," or click on the AFAP Logo to submit an issue.

### ICE Appreciation

The garrison congratulates Moncrief Army Community Hospital, specifically the Ear, Nose and Throat Clinic and the Dermatology Clinic. They have achieved a 5.0 and a 4.94 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction.



**Heat Can KILL!**

*Prevention Works*

- Drink enough water to replace your sweat losses.
- Don't wait to feel thirsty, your body may need water before you feel thirsty.
- Do not follow very low calorie diets while training in a hot environment.
- Remind your buddy to drink. Refill your canteens at every opportunity.
- Look at your urine. If it is dark or if you have not urinated, you need to drink more.
- Eat meals to replace salts. Drinking too much water and not eating enough salt (hyponatremia) may be fatal.
- Do NOT take any dietary supplements containing ephedra (ma-huang) ANY time.

**A tip of the campaign hat  
to this week's ...**

## Drill Sergeants of the Cycle



**Sgt. 1st Class  
Shane Stankiewicz**  
Company A, 3rd Battalion,  
13th Infantry Regiment



**Staff Sgt.  
Linus Phillip**  
Company B, 3rd Battalion,  
13th Infantry Regiment



**Sgt. 1st Class  
Tamekia Carter**  
Company C, 3rd Battalion,  
13th Infantry Regiment



**Staff Sgt.  
Chris Higgins**  
Company E, 3rd Battalion,  
13th Infantry Regiment



**Staff Sgt.  
Jeremy Schmucker**  
Company F, 3rd Battalion,  
13th Infantry Regiment



**Staff Sgt.  
Jason Boyd**  
Company E, 1st Battalion,  
34th Infantry Regiment

# ARMY NEWS

## TRADOC names Soldier, NCO of the Year

**Patrick Buffett**  
*Army News Service*

FORT MONROE, Va. — A Reserve Officer Training Corps instructor from the University of Wisconsin — La Crosse, and an infantryman from Fort Benning, Ga., were named the 2008 U.S. Army Training and Doctrine Command NCO and Soldier of the Year, respectively, during a special ceremony July 17.

Sgt. 1st Class Brian L. Eisch and Spc. Daniel J. Horner, both representing U.S. Army Accessions Command, outscored three other candidates during the four-day competition that measured overall fitness, oral and written communication skills, knowledge of warrior tasks and battle drills, marksmanship and general military subjects.

“Up until that moment when they announced my name, I honestly didn’t think I had won,” said Eisch, the NCO of the year. “The competition was just that good ... none of us knew where we stood at any point over the past four days. I knew I did well on the marksmanship, but that was only one event out of many. In the end, it was a total surprise. Any one of these guys could have been declared the winner.”

Horner also described his Soldier of the Year win as unanticipated.

“I’m pretty sure none of us woke up this morning thinking we had it in the bag,” he said. “I felt good about my performance with the physical and hands-on stuff, but there were other areas where Sgt. (Paul) Li probably scored just as high. So I came to the luncheon today thinking, ‘You did what you had to do, and let the best Soldier win.’ I’m honored to be the one who came out on top.”

Li, an intelligence analyst representing Fort Knox, Ky., and the Combined Arms Center, was the only other Soldier of the Year candidate at this year’s meet. In addition to Eisch, the NCO of the Year nom-



Photo by Patrick Buffett, Army News Service

***Sgt. 1st Class Brian Eisch gives a thumbs up to range safety NCOs indicating that he’s ready to engage targets during a July 15, Fort Eustis, Va., M-4 rifle qualification exercise that was part of the TRADOC NCO and Soldier of the Year Competition.***

inees were Staff Sgt. Anthony Marvan, a chemical operations NCO and instructor representing Redstone Arsenal, Ala., and the Combined Arms Support Command, and Sgt. Joshua Altice, a corrections NCO representing Fort Leavenworth, Kan., and the Combined Arms Center.

Both Eisch and Horner agreed that the toughest element of the TRADOC meet was the uncertainty of what was coming next. Only the Army Physical Fitness Test on the opening morning of the competition was a foregone conclusion. Every other event was intentionally kept secret right up until the time each candidate was expected to complete the task.

“The element of surprise kept the candidates at the top of their games,” noted Sgt. 1st Class Delfin Romani, the 2007

U.S. Army Drill Sergeant of the Year who helped to plan and coordinate the recent competition. “Not knowing which task or battle drill was next added an extra level of complexity to the event as well.”

“Each element was carefully selected from the 32 Warrior Tasks and 12 Battle Drills that are currently being taught by the Army,” TRADOC Command Sgt. Maj. David Bruner explained. “They not only tested the competitors’ knowledge of the task, but also how it applied in a battle-focused and realistic scenario. With this kind of preparation, we are confident (the winning Soldiers) will be ready to compete at Army level and represent the Training and Doctrine Command.”

Bruner also noted that different scoring systems were used for each tasking, which

allowed the command to reward every aspect of the competition without putting too much emphasis in any one area.

“The end result, of course, was that we were able to select the most well-rounded Soldier and NCO,” Bruner said.

“A good time and a good learning experience,” is how Horner summed up the competition. In the end, he said he felt that all of its required tasks in general were sort of what he expected when he was readying himself for the meet, and the fact that he is assigned to the U.S. Army Marksmanship Unit at Fort Benning probably gave him an advantage.

Eisch, who has been in the Army since 1992 and once served as a drill sergeant at Fort Leonard Wood, Mo., had good things to say about the organization and resourcing of the overall meet.

“When you have an event of this size and scope, there are going to be hiccups ... things that just go wrong no matter how well you planned or choreographed them,” Eisch said. “But if that was the case here, we as candidates never saw it. That tells me that the planning and contingency preparations must have been through the roof. It came across as very well organized and professional, and my hat is off them (the NCOs who put the competition together). It was awesome.”

Both of the winning Soldiers said they are looking forward to representing TRADOC at the 2008 Army NCO and Soldier of the Year “Best Warrior” competition this fall at Fort Lee, Va., and Washington, D.C. Horner — who completed sniper school earlier this year and holds at least six different marksmanship titles — said he would continue to take advantage of the wealth of experience at Fort Benning while preparing for the next level. Eisch said he would prepare in much the same way as he did for the TRADOC meet, but with even more focus.

## *New Army parents to get more time before deploying*

**Army News Service**

WASHINGTON — Military mothers of newborns and certain Army parents adopting a child, will be able to stay home longer before deploying or serving overseas, starting Aug. 1.

The new policy will lengthen deferments — from four months to six months — for new mothers before being deployed, assigned to a dependent-restricted overseas tour, an accompanied overseas tour where concurrent travel is denied or temporary duty away from their home station.

The expanded program also applies to military couples who adopt a child — either the mother or the father — following the date the child is placed in their home as part of the formal adoption process.

It is up to the couple which of them takes advantage of the new policy change, officials said. They said single mothers or single fathers adopting a child are also eligible for the program.

“The office of the surgeon general did a review and brought it to our attention, and so the decision was made that this would be good for the Army because we recognize that that the period of time after birth is important for the bonding of the mother and child,” said Lt. Col. Gerald Conway, chief of distribution and readiness in the Office of the Deputy Chief of Staff for Personnel (G-1). “More time was preferred than the current Army policy, which was four months, and so the decision was made to extend it to six months.”

Soldiers with deferments ending before Aug. 1 will complete their four-month deferment, but commanders are encouraged to give Soldiers six months if operationally feasible, Conway said.

Soldiers who are under deferments as of Aug. 1 will be eligible for the extended six-month policy, unless waived by the individual Soldier concerned.

The policy change coincides with the Army’s return to

a 12-month deployment policy, according to Conway, and is part of the Army’s effort to reset and rebalance the force.

The extension of this deferment period brings the Army in line with the Marine Corps at six months. The deferment period in the Air Force is four months and in the Navy is 12 months.

“This is all part of emphasizing the importance of family, rebalancing the force, getting back to some predictability, stability for Soldiers and families,” Conway said.

“This is the Army’s recognition that family is the foundation of our fighting force,” he continued. “We recruit Soldiers, we retain families. There’s been some discussion about this for awhile and I think Soldiers will view this positively just because it gives them more time. I just look at my own experiences when we had our children, I think it will be viewed very positively, just to give them more time to recover and recognizing the importance of family.”

# FEATURE

## Aquatics PT: No day at the beach

**Mike A. Glasch**  
Leader Staff

A new Physical Training program is making a big splash with injured Basic Combat Training Soldiers.

For one hour in the morning, three days a week, Soldiers who have medical conditions that prohibit them from participating in regular PT are put through an aquatics PT workout at Palmetto Falls Water Park and Knight Pool.

“Aqua PT is designed for Soldiers who have upper-body or lower-body profiles. It provides low-impact exercises for injured Soldiers,” explained Staff Sgt. Francis Calimbas, trainer and drill sergeant, Company A, 3rd Battalion, 34th Infantry Regiment.

The classes are conducted primarily in deep water, occasionally in shallow water, as Soldiers are put through various exercises (water running, gutter pushups, crunches, dips, etc.). Some of the exercises incorporate equipment such as specially designed ankle weights, dumbbells and barbells.

“Even though the dumbbells don’t have any weight to them they still have resistance with the water,” Calimbas said. “We are constantly keeping them moving so they do get their heart rate up and some sort of muscle failure as well. They’re not cheated out of cardio, respiratory and muscle-strengthening exercises.”

Staff Sgt. Justin Westbrook, drill sergeant, Co. A, 3rd Bn., 34th Inf. Reg. said the workout helps injured Soldiers physically as well as mentally.

“It gives all the Soldiers who are injured time to do PT so that they can recover and get back into the fight,” he said. “They’re doing something more than just sitting off to the side and just doing the very minimum.”

Calimbas echoed that assessment.

“Normally Soldiers on profile would be limited in the amount of physical training they could do. This way we don’t cheat the Soldiers,” Calimbas said. “Whether high-impact or low-impact we are still providing them with some sort of consistent training. We can keep them mentally and physically fit.”

When Pvt. Nicholas Rodriguez, Co. A, 3rd Bn., 34th Inf. Reg., injured his shin and was put into the Aquatics PT program, he thought it was going to be a day at the beach. His outlook soon changed.

“It was a lot harder than I thought it was going to be,” he said. “They keep you moving. Keeping my balance was the hardest part.”

Rodriguez’ mindset is typical of Soldiers when they are initially placed in the program.

“The first-time ones think it’s going to be pretty easy,” Westbrook said. “After they get done, they’re like, ‘I didn’t think it was going to be that hard!’”



As Calimbas puts the Soldiers through the workout, he keeps a constant dialog going to make sure the Soldiers are not injuring themselves further.

“I tell them, ‘If you are hurting, we’ll do an alternate exercise,’” he said. “While the exercises are designed to keep the Soldiers constantly moving to get their heart rate up and achieve some sort of muscle failure, the intent here is not to further injure someone, but assist them in keeping their body physically fit.”

*Michael.A.Glasch@us.army.mil*

*“Aqua PT is designed for Soldiers who have upper-body or lower-body profiles.”*

**Staff Sgt. Francis Calimbas**  
trainer and drill sergeant



**Using the gutter of the pool to do pushups allows Soldiers in the Aquatic PT program to keep stress off lower-body injuries while allowing them to still work on their upper-body strength.**

Photos by Mike A. Glasch

**Running against the flow of the lazy river at Palmetto Falls Water Park helps injured Soldiers from 1st Battalion, 34th Infantry Regiment improve their physical fitness while having a low impact on their injuries. The Soldiers are part of an Aquatics PT program for those who have a physical profile that prevents them from performing standard PT.**



**Holding onto the side of the pool allows Soldiers in the Aquatic PT program to work their lower-body muscles without putting stress on their injuries.**

# FEATURE

## Thrift Shop savings pay big dividends to community

**Susanne Kappler**  
Leader Staff

With its approximately 20,000 items for sale, the Fort Jackson Thrift Shop is a walk-in treasure chest for bargain hunters, especially in economically challenging times.

“We see a lot more people coming in, a lot of new faces that we’ve not seen before,” said Joy Faust, Thrift Shop manager. “Everyone’s basically just trying to take their dollar and make it stretch further.”

The store offers a variety of items, but the hottest sellers are clothes, kitchen appliances, knick-knacks and furniture.

“We can always use good quality furniture. We love when we see furniture pieces come in because we usually sell those at really good rates,” Faust said. “And people who are incoming, who are waiting on household goods, or younger couples, they love to come in and find a really good piece of furniture that can take care of their families’ needs. To get it at a good price is even better.”

The Thrift Shop operates with a staff of five paid employees, four summer interns and roughly 30 volunteers, some of whom have been donating their time for decades.

About 85 percent of the items at the store are on consignment. Valid military ID card holders can bring in up to 15 items per day, five of which may be clothes. The items are on consignment for no more than 60 days. If they are not sold within that time frame, they are either returned to the consigner or they become property of the Thrift Shop and are treated as donations.

In a departure from standard consignment practices, the Thrift Shop allows its consigners to determine the prices of their items.

“We don’t set the prices,” Faust said. “That’s one of the unique things about our consignment shop.”

The consigner receives 70 percent of the sales price once the item is sold; the store keeps 30 percent, which is used to cover costs and to generate profits.

“Donations are a hundred percent pure profit for us. All of the profits go back to the community,” Faust said.

Tax receipts are available for donations, including consignments that become donations after the 60-day period.

To ensure that no item stays on the floor too long, the store offers sales on a regular basis.

“Every week, we try to put a new line of items on sale. It’s determined by the color of the tag,” Faust said. “Everything expires on a Thursday and that following Tuesday we immediately knock it down 50 percent.”

In addition, the store offers a 10-cent blowout sale on the first Saturday of each month, which is a huge draw for its customers.



Photos by Carrie David Ford

**Melinda Schlipp searches for deals on clothing for herself and her three children at the Thrift Shop on Friday.**



**Joyce Kunesh, a Thrift Shop volunteer, checks in and tags clothing Friday.**

“Our shoppers who routinely come for that — and even our newcomers — they’re out there before we even arrive to work,” Faust said. “We unlock the door and we clear the path.”

The blowout sale features items that have not been sold despite having been on sale at a 50 to 75 percent discount. The price for each blowout sale item is 10 cents.

What happens to those things that do not sell, no matter how low the price is?

“We don’t throw things away,” Faust said. “We donate them to charitable organizations.”

In addition to that, the Thrift Shop do-

nates all of its profits to various organizations within the Fort Jackson community.

“This year we had a record-breaking year that we were very, very happy about,” Faust said. “We gave out over \$22,000 — and that included our summer interns as well. We were extremely ecstatic about that.”

The Thrift Shop is open from 9 a.m. to 5:30 p.m., Thursdays and from 9 a.m. to 2:30 p.m., Tuesdays and the first Saturday of each month. Consignments are accepted from 9:30 a.m. to 12:30 p.m., Tuesdays and Thursdays.

For more information, call 787-2153.

[Susanne.Kappler1@us.army.mil](mailto:Susanne.Kappler1@us.army.mil)

### Items not accepted:

- Automotive parts
- Bottled liquids
- Bowling balls
- Box springs or mattresses (except vinyl covered infant mattresses)
- Breast pumps (new or used)
- Clothing with spots, stains, tears or excessive wear — including baby items with milk/formula stains
- Cosmetics, toiletries
- Cut off shorts or pants
- Dress or clothing patterns
- Electrical parts or non-working electrical items
- Encyclopedias
- Flammable items, guns or weapons, knives more than 6 inches
- Items deemed obscene by management
- Lingerie
- Pajamas (children’s under size 6X)
- Live plants or plastic floral arrangements
- Magazines/periodicals more than six months old
- Out of season clothing
- Pet items that smell
- Swim or dance wear or undergarments
- T-shirts with printed ads or events
- Traverse rods
- Unfired ceramics, greenware
- Wigs, hair pieces (these can be donated to the American Cancer Society)

# MARKING TIME

## Abandoned bunkers tell story of bygone training



Photo By Chris Rasmussen

*Remnants of World War II training still exist on Fort Jackson. In particular, there are several artillery training bunkers.*

*The bunkers allowed Soldiers to call in the coordinates of an artillery strike from the safe compounds of earth, concrete and steel. Built at the onset of World War II, Soldiers trained in the bunkers through the Korean War, after which they were discontinued.*

*In all, there are 12 observation bunkers still around post. One is located near Argentan Range, and another exists at the new Urban Assault Course. Approximately 7-feet wide and 40-feet long inside, the bunkers have a tall concrete face and feature small steel slits for Soldiers to peek out.*

*Range control, however, warns against entering the dark and damp bunkers because they are filled with black widows, brown recluse spiders and even rattlesnakes.*

## Know some history that you would like to share?

The *Leader* is seeking historical stories and photos or suggestions of historical topics for its weekly Marking Time feature. Retirees, veterans and community members with an interesting fact, story, photo, artifact, idea etc. pertaining to Fort Jackson should e-mail [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).



## Army Family Covenant and what it means to you at Fort Jackson, SC

### ACS Family Programs and Services:

"We are committed to Improving Family Readiness by standardizing and funding existing Family Programs and services."

As a result of the Army Family Covenant,

- ★ the ACS Exceptional Family Member Program (EFMP) received \$72,800 to provide temporary rest periods for Family members responsible for regular care of persons with disabilities. We now provide up to 40 hours of FREE respite care assistance to Exceptional Family Member (EFM) Families. We also sponsor three separate EFMP monthly support groups that provide an opportunity for EFM families to meet & discuss EFM issues.
- ★ ACS increased its staff by 16 to better serve Fort Jackson Soldiers & Families who are in need of Family services/programs.
- ★ ACS funds childcare so that Family Readiness Group (FRG) volunteers can attend FRG meetings.
- ★ ACS expanded the Family Advocacy New Parent Support Services - providing home visitors (licensed Social Workers) to expectant parents & to parents of children from birth to 3 years of age.
- ★ ACS established an FRG resource library at the post library (one section of the post library has information on FRGs & other Family subjects), at the ACS center, at the Mobilization/Deployment work site in the DPTM bldg, and at the Soldier Family Assistance Center (SFAC).
- ★ ACS established a Soldier Family Assistance Center (SFAC) to take care of Warrior Transition Unit (WTU) Soldier & Family needs.
- ★ the ACS Financial Readiness Program partnered with local Consumer Credit Counseling to provide Soldiers & FM's assistance with debt liquidation and with the Better Business Bureau (BBB) & the SC Dept of Consumer Affairs to offer Soldiers & FM's assistance with consumer advocacy.
- ★ ACS and MWR offer a discount card called the "Hearts Apart" Appreciation Card to spouses of combat deployed Soldiers and/or spouses of Soldiers serving on an unaccompanied tour overseas. The card is intended to enhance the well-being of Families during the stressful time of deployment and separation.
- ★ the ACS Employment Readiness Program (ERP) sponsored teen job fairs to assist military teens who are looking for summer employment opportunities and opened a "teen readiness center" at the Youth Center to provide assistance to teens. ERP staff goes to the center once a week to offer classes/seminars on subjects such as Dressing for Success, Interviewing techniques & helps teens with their resumes.
- ★ ACS sponsors a "Waiting Families" support group consisting of geographically separated spouses that meets both on & off post on a monthly basis. Purpose of this group is to keep Families informed on community information and support activities available.
- ★ As part of Military Spouse Appreciation Day, May 2008, ACS hosted an Open House with a rose issued to the 1<sup>st</sup> 100 military spouses, lunch, an ACS tote bag, and other information to market ACS programs and increase community awareness.



SOLDIERS ★ FAMILIES ★ ARMY CIVILIANS

**ARMY STRONG.**



# HEALTH

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## Soldiers should be aware of sun's dangers

**Mary Katherine Murphy**  
U.S. Army Center for Health  
Promotion and Prevention

Skin cancer is the most common form of cancer in the United States. Melanoma is the third most common skin cancer and the most dangerous among young people. In 2004, Melanoma killed 7,952 people in the United States, according to the Centers for Disease Control and Prevention.

Skin cancer is also the most preventable of all types of cancer and, if diagnosed early, is highly curable.

Melanoma is the most dangerous form of skin cancer because of its ability to metastasize (spread to other parts of

the body). Nonmelanomas (skin cancers that are not melanoma) are dangerous as well; they are responsible for 95 percent of all skin cancer cases, according to the American Cancer Society.

Soldiers are at risk for skin cancer because of their duties. Their risk increases

if deployed or training because of the time spent outdoors.

### Protecting yourself

Soldiers can protect themselves from the sun and decrease their chances of developing skin cancer by following these rules:

- Seek shade between of 10 a.m. and 4 p.m. when the sun's ultraviolet rays are strongest and do the most damage.
- Cover up, roll down the sleeves of ACUs and wear a wide-brimmed hat where authorized.
- Wear protective eyewear — the most protective wraps around the face and blocks out as close to 100 percent of UVA and UVB rays as possible.
- Rub on sunscreen with a sun protective factor (SPF) of 15 or higher, and both UVA and UVB protection. Apply at least every two hours.
- Never use tanning beds.

Soldiers should be particularly vigilant in protecting themselves from the sun if they have any of the following risk factors:

- Family or personal history of skin cancer
- Lighter natural skin color
- Getting sunburned as a child
- Blue or green eyes
- Blond or red hair
- Skin that burns or freckles in the sun

- Having a large number of moles
- Spending large amounts of time in the sun

### Checking your skin

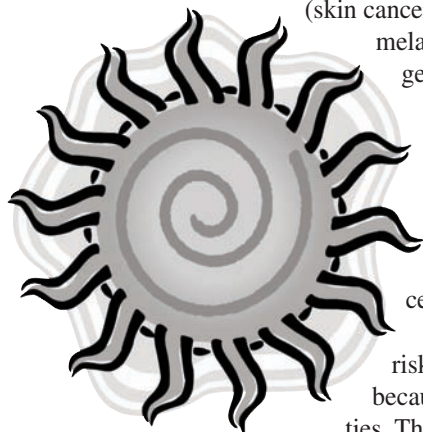
Soldiers should check their entire body once a year for suspicious moles. If moles, freckles, lesions or spots on the skin have any of the following signs, they should be checked by a physician:

- *Asymmetry*: If you draw a line through a mole, and the two halves do not match.
- *Border*: If a mole or other mark has a jagged or blended border.
- *Color*: If a mole is made up of multiple colors or changes colors.
- *Diameter*: If a mole is greater than 5 millimeters in diameter (bigger than the end of a pencil eraser).
- *Evolving*: If a mole changes in size, shape, color or elevation, or if it becomes cracked or infected and does not heal within a month.

Over-exposure to sunlight increases the aging process. Cumulative exposure to the sun weakens the skin's elasticity, leading to sagging cheeks, deeper facial wrinkles, leathery skin and skin discoloration later in life.

The sun's effects can be pleasant and attractive at first; however Soldiers should understand the long term effects will not be appealing.

For more information, visit  
<http://chppm-www.apgea.army.mil/>.



# COMMUNITY HIGHLIGHTS

## Take us home, today



Photos by Susanne Kappler and Ashley Henry

*These cats and dogs are at the Fort Jackson Veterinary Clinic, and they all need a home. From top left, clockwise: 4-month-old black female kitten; 1-year-old male lab; 1-year-old male mix breed; 1-year-old female cat; 13-week-old kitten; 8-month-old female lab. For information on these or other pets for adoption, call the Veterinary Clinic at 751-7160.*

## DENTAC Graduation



Photo by Ashley Henry

*Graduates of the 12-month Advanced Education in General Dentistry program participate in the cake-cutting ceremony Friday at the Main Post Chapel. The graduating-class president, Capt. Nasser Fiqia, center, cut the cake at the reception with classmates from left: Capt. Matthew Carlson, Capt. Adam Lytle, Capt. Nicholas Murray and Capt. Kenneth Allen.*

## This Week

### Banking and Credit Union Services

A Banking and Credit Union Services workshop will be 9-11 a.m., today at the Education Center, Room B-302. For more information, call 751-4862/6325.

### Hearts Apart Family Support Group

There will be a Hearts Apart Family Support Group meeting, 6-8 p.m., Friday at Century Lanes. For more information, call 751-4862/6325.

### Spouses to Teachers Program

The Spouses to Teachers program will meet 1-2 p.m., Tuesday at the Education Center, Room B-302. For more information, call 734-4014.

### H&R Block Scholarship Seminar

There will be an H&R Block Scholarship Seminar 9-11 a.m., Wednesday at the Education Center, Room B-206. For more information or to register, call 751-6153/5253.

### Successful Interviewing and Salary Negotiations

A Successful Interviewing and Salary Negotiations workshop will be 1-1:30 p.m., Wednesday at the Education Center, Room B-206. For more information or to register, call 751-6153/5256

### Phase II LEVY Briefing

A Phase II LEVY Briefing will be 2:30-3:30 p.m., Wednesday at the Strom Thurmond Building, Room 213. For more information, call 751-4862/6325.

## Upcoming

### vFRG and Battlemind Training

A vFRG and Battlemind Training will be 1-3 p.m., July 31 at the Education Center, Room B-200. For more information, call 751-4862/6325.

### Reintegration Outreach Brief

A Reintegration Outreach Brief with S.C. Army National Guard will be from 8 a.m. to 4:30 p.m., Aug. 2 in Charleston. For more information, call 751-4862/6325.

### Exceptional Family Member Program Back to School Cookout

The Exceptional Family Member Program will have a Back-to-School cookout from 10 a.m. to 2 p.m., Aug. 2 at Twin Lakes. For more information, call 751-4862/6325.

### Hearts Apart Back to School Splash

The Hearts Apart support group will

### 1st Bn., 34th Inf. Reg. Family Day Time Change

The 1st Battalion, 34th Infantry Regiment Family Day will begin at 7:30 a.m., today. This is a time change from the normal start time of 9 a.m. Traffic at the gates is expected to be heavier than usual.

have a Back to School Splash from 11 a.m. to 3 p.m., Aug. 2 at Palmetto Water Park. For more information, call 751-4862/6325.

### Credit Reports Class

There will be a Credit Reports class 8:30-10:30 a.m., Aug. 5 at the Education Center, Room B-302. For more information, call 751-4862/6325.

### Managing Emotions Under Stress

A Managing Emotions Under Stress seminar will be from 9:30 a.m. to 3 p.m., Aug. 5 at the MG Robert B. Solomon Center, Marion Room. For more information, call 751-4862/6325.

### Employment Readiness Orientation

There will be an Employment Readiness Orientation from 8:30 a.m. to noon, Aug. 6 at the Education Center, Room B-206. For more information, call 751-4862/6325.

### Play Group at the Columbia Marionette Theatre

There will be a play group at the Columbia Marionette Theatre at 10 a.m., Aug. 6. For more information, call 751-4862/6325.

### Resume Writing for Beginners

A Resume Writing for Beginners workshop will be 1-3:30 p.m., Aug. 6 at the Education Center, Room B-206. For more information, call 751-4862/6325.

### Child Abuse Awareness Workshop

There will be a Child Abuse Awareness Workshop from noon to 2 p.m., Aug. 6 at

the Main Post Chapel. For more information, call 751-4862/6325.

### State of the Garrison

The garrison commander will conduct a State of the Garrison meeting at 2:30 p.m., Aug. 19 and 20 at the MG Robert B. Solomon Center with all garrison employees. This meeting is to inform employees of issues and updates that will affect them and the garrison. For more information, call 751-9029.

### Child Care Providers Needed

The next Family Child Care training will be held from 8 a.m. to 4 p.m., Aug. 18-22 at 3392 Magruder Ave. Providers can earn extra income while staying home with their children. This certification program is open to military spouses who live in government quarters and DSS certified off-post individuals. Call 751-6234 for more information.

### 369th Adjutant Battalion Change of Command

The 369th Adjutant Battalion will have a Change of Command ceremony at 8 a.m., Aug. 18 at Darby Field. Col. Richard

### Fort Jackson Library Closure

The Fort Jackson Library will be closed from Friday through Aug. 8 while new carpet is installed. If you need assistance please call 751-6990.

# COMMUNITY HIGHLIGHTS

## Commendation Award



Photo by Steven Hoover, USACHCS

**Navy Chaplain (Capt.) T. Randy Cash, commanding officer of the Naval Chaplains School, presents Air Force Chaplain (Lt. Col.) Gary D. Brooks with the Navy and Marine Corps Commendation Medal, Friday, at the U.S. Army Chaplain Center and School. Brooks, who serves as a Joint Transition Team action officer at USACHCS, received the award for his work the last two years involving the Armed Forces Chaplaincy Center.**

Teolis will relinquish command to Lt. Col. David Wood. In case of inclement weather, the ceremony will be in the MG Robert B. Solomon Center.

### WorkKeys Assessment

A WorkKeys Assessment test will be given 9-11 a.m. Sept. 9, from 8:30 a.m. to 4 p.m., Sept. 16 and 23 and from 9 a.m. to noon, Sept. 24. The test enhances a resume and demonstrates skill potential to employers. The assessment costs \$30, and cash only will be accepted on the day of testing. Free child care is available to military families who register by Aug. 10. All candidates must preregister by calling 751-5452.

## Announcements

### Daniel Circle Chapel Sponsored Concert

Daniel Circle Chapel will sponsor a concert, in conjunction with its annual Youth Gospel Festival at 10 a.m., Sunday at the MG Robert B. Solomon Center. The concert will feature National Gospel artist Kevin Vassar. Services at Daniel Circle Chapel will be cancelled and moved to the MG Robert B. Solomon Center in conjunction with the concert.

### After School Program in Your Neighborhood

The Boys and Girls Club of the Midlands has partnered with Army Child and Youth Services to bring quality programs to elementary schools in your neighborhood. Programs being offered are after-school care, summer

## Weekly

**Walking Away Stress** meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

**Play Group** meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

**Range Control Briefing** is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

**Helping Everyone Reach Optimum Strength** meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

**Medical Board Office** is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

**Protestant Women of the Chapel** meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail [pwocjackson@yahoo.com](mailto:pwocjackson@yahoo.com).

**Overseas Travel Clinic** is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

**Military Widows/Widowers Association** meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

## Monthly

**The Ladies Auxiliary** meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

**Civil Air Patrol** meets at 6:30 p.m., the first Monday of the month at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail [tom.alsup@gmail.com](mailto:tom.alsup@gmail.com) or visit online at [www.scwg.cap.gov](http://www.scwg.cap.gov).

**Seabees** meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

**Veterans of Foreign Wars** meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

**Fort Jackson Enlisted Spouses' Association** meets at 6:30 p.m., the third Monday of each month at

## Recurring Meetings

5942E Thomas Court. For more information, call 665-4170 or e-mail [esa2005ff@yahoo.com](mailto:esa2005ff@yahoo.com).

**Sergeant Audie Murphy Club** meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room [www.jackson.army.mil/360/SAMC/home.htm](http://www.jackson.army.mil/360/SAMC/home.htm).

**American Legion Post #182** meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

**Weight Loss Surgery Support Group** meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital eighth floor day room. For more information, call 751-0392.

**Disabled American Veterans** meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

**Fleet Reserve Association** Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

**Purple Heart #402** meets at 7 p.m., the fourth Tuesday of the month at the American Legion Post #6 on Pickens Street. For information, call 351-2333.

**American Red Cross** new adult volunteers orientation is the third Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Avenue. For more information, call 571-4329.

**"Victory Riders" Motorcycle Club** meets at 5 p.m., the first and third Thursdays of the month at Magruders Club. For information, e-mail [sec@fjvictoryriders.com](mailto:sec@fjvictoryriders.com).

**Society of American Military Engineers** meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

**Diabetes Support Group** meets at 6 p.m., the last Thursday of the month in the Moncrief Army Community Hospital fourth floor dining facility. For information or to register, call 751-2501.

**MEDPROS training** will be held 1-4 p.m., the third Friday of the month, at the hospital, Room 9-83. For more information or to register, e-mail [Jaclynne.Smith@amedd.army.mil](mailto:Jaclynne.Smith@amedd.army.mil).

**Retired Enlisted Association** meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail [jrodgers11@sc.rr.com](mailto:jrodgers11@sc.rr.com).

**92nd Buffalo Chapter 20 DAV** meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet Street, West Columbia. For information, call 260-1067.

**U.S. Navy Sea Cadets**, for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).

camp and before-school care. For more information, visit [www.bcgmidlands.org](http://www.bcgmidlands.org) or call, 231-3300.

### Free After School Program for Middle School Students

The Boys and Girls Club of the Midlands will be offering free after-school programs for middle-school students. Transportation home may be available for \$10 per week. All Army youth and dependents of Army civilian employ-

ees are eligible. For more information, site locations and pre-registration, visit [www.bcgmidland.org](http://www.bcgmidland.org) or call 231-3300.

### Gun Locks Available

Free gun locks are available while supply lasts from the Installation Safety Office at 3290 Forney St. or from the Directorate of Emergency Services at 5499. The locks can be picked up between 7:30 a.m. and 4:30 p.m.

# Achieving success through

**Ashley Henry**  
*Public Affairs Intern*

The ability to work and function as a team is a fundamental skill necessary for the completion of any mission.

Basic Combat Training Soldiers with Company F, 2nd Battalion, 39th Infantry Regiment were tested on their ability to work and function as whole platoons when they completed the Fit to Win course recently. According to the company commander, Capt. Matt Graessle, they worked together and sprinted through the obstacles as if they had been doing it for years.

Many Soldiers complete one of the two Fit to Win courses directly after leaving reception. The Company F, 2nd Battalion, 39th Infantry Regiment Soldiers completed the first Fit to Win course during their second week of BCT.

"The course was a lot easier now, being in week seven, because we are more in shape," Pvt.

Emily Coca said.

The obstacle course is designed to test Soldiers physically, as well as how they work as a team, through obstacles such as the cargo net, the night vision tunnel, low crawling under barbed wire and the pit.

"The most beneficial part for them is the team building," said Staff Sgt. Brad Beazer, Co. F drill sergeant. "They got to see how they work as an entire platoon, as far as competition, and then they got to see what they gained individually, as far as physical fitness."

Soldiers had to work as a team to help each other complete the course. The platoon was not able to move on to the next obstacle until each Soldier had completed the previous one.

Pvt. Juan Gonzales said his greatest gain was teamwork.

"Usually people don't work together and you're always arguing over stupid stuff," Gonzales said. "But, when it comes to competi-

tion, we actually work as a team."

The platoons competed against each other for the fastest time on the course. Each Soldier had to make it back to the starting point before the time was stopped.

Soldiers who had a harder time with the course were helped and motivated by other members of their platoon to finish the course, even if this meant going back and redoing the obstacle just to help another Soldier get through it.

"I like this course because it is good for teamwork," Graessle said. "I even noticed it the first time — they were helping each other over the obstacles. I like this because it's not just about your physical fitness, there's kind of a game plan to it, they have to decide who is going to go first, who is going to go last, who is going to stay behind to help people over and what the fastest way to do that is, so there's actually a mental aspect to it."

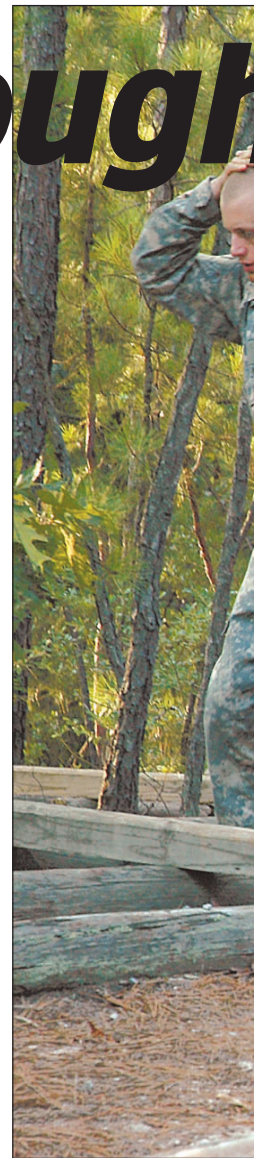
*Ashley.Rose.Henry@us.army.mil*



**Basic Combat Training Soldiers with Co. F, 2nd Bn. 39th Inf. Reg. complete the cargo net obstacle at the Fit to Win obstacle course Thursday. The cargo net, according to Drill Sergeants is always the toughest obstacle for Soldiers.**



**Pvt. Ryan Vogt, Co. F, 2nd Bn. 39th Inf. Reg., completes the barbed wire low crawl at the Fit to Win course. The low crawl is one of the harder obstacles, according to BCT Soldiers.**



**Basic Combat Training builds teamwork and c**



**Pvt. Kristopher Daugh Co. F, 2nd Bn. 39th Inf. at the Fit to Win cours**



Photos by Ashley Henry

Training Soldiers with Company F, 2nd Battalion, 39th Infantry Regiment make their way through the Fit to Win obstacle course Thursday. The course work and cohesion within platoons, as well as tests the physical abilities of Soldiers.



Pvt. Daugherty (front) and Pvt. Andria Clelland (back) of the 39th Inf. Reg., make their way through an obstacle in the course.



Pvt. Justin Creswell, Co. F, 2nd Bn. 39th Inf. Reg. is cheered on by Soldiers in his platoon while conquering the horizontal ladder at the Fit to Win course. Soldiers could not move to the next obstacle until everyone had completed the previous one.

# CHAPEL

## Every day lived is a special gift

**Chaplain (Maj.) Dawud Agbere**  
U.S. Army Chaplain Center and School

In Iraq, I had a unique, albeit difficult, assignment to deliver a message from a grieving mother to her dying son. All she wanted me to tell him was, “Mom loves you.” By the time I had finished delivering the mother’s message, I was in deep thought about my own mortality, my own humanity.

This Soldier could have been me, I thought, because death is a reality that transcends cultural, religious, racial, ethnic or geographical boundaries. It is no respecter of age; it is no respecter of gender; and certainly, it has no regard for status or rank. “All shall have a taste of death,” so the Quran teaches us.

This was the Soldier’s turn; next time around, it will be someone else’s. That someone could be you or me — it is only a matter of time. Therefore, we need to consider every day of our lives as a special gift from God, an opportunity to excel and make a difference in our own lives, the lives of those dear to us, and those with whom we come into contact.

We will remember this Soldier for his service to his country. How do we want to be remembered when our time comes?

Have we taken the opportunity of our existence now to let those dear to us know how much we love and appreciate them? Have we smiled at somebody or listened to the cries of our fellow Soldiers today? Have we considered it important enough to inquire about the conditions of our room-mates and coworkers? Have we felt the need to come to the aid of the hungry and the needy or to find out the whereabouts of someone we have not seen today?

I have often wondered why we allow our differences — cultural, national, religious, gender, racial, ethnic, etc. — to divide us and create animosity among us. The essence of our being is our common humanity, not our differences. Diversity is divine wisdom in creation and we ought to celebrate that.

Life is very short. Therefore, we need not waste it despising or hating each other because we think someone has the “wrong pigmentation, speaks a weird language or worships a different God.”

I think Stephan Grellet, a 19th-century Quaker missionary, was right when he observed, “I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it for I shall not pass this way again.”

Hear what he said: “Any human being.” What do you think?

### Worship services

#### Protestant

- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)  
8 a.m. Bayonet Chapel (Hispanic)  
9:00 and 10:30 a.m. Magruder Chapel  
9:30 a.m. Main Post Chapel  
10:45 a.m. Post-wide Sunday School (Post Chapel)  
11 a.m. Daniel Circle Chapel  
11 a.m. Memorial Chapel  
11 a.m. Chapel Next  
Chaplain School
  - Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY**
- Monday 7 p.m. Women's Bible Study (PWOC - Post Chapel, Class 209)
  - Wednesday 7 p.m. Anderson Street Chapel  
7 p.m. Daniel Circle Chapel  
7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
  - Thursday 9:30 a.m.-12:30 p.m. Women's Bible Study (PWOC, Post Chapel)  
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)  
7 p.m. LDS Bible Study (Anderson Chapel)
  - Saturday 8 a.m. Men's Prayer Breakfast (Post Chapel, every second Saturday of the month in Chapel Fellowship Hall)

#### PROTESTANT YOUTH OF THE CHAPEL

- Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
- Wednesday 6:30 p.m. Main Post Chapel

#### Lutheran/Episcopalian

- Sunday 8 a.m. Memorial Chapel

#### Islamic

- Sunday 8-10 a.m. Islamic Studies
- Friday 12:30-1:45 p.m. Jumrah Services (both — Main Post Chapel)

#### Church of Christ

- Sunday 11:30 a.m. Anderson Chapel

#### Catholic

- M-F 11:30 a.m. Mass (Post Chapel)
- Sunday 8 a.m. Mass (Solomon Center)  
11 a.m. Mass (Main Post Chapel)  
9:30 a.m. Mass (120th AG Battalion Chapel)  
9:30 a.m. CCD (Education Center)  
9:30 a.m. Adult Sunday School  
12:30 a.m. Catholic Youth Ministry
- Wednesday 7 p.m. Rosary  
7:30 p.m. RCIA/Adult Inquiry

#### Jewish

- Sunday 9:30-10:30 a.m. Memorial Chapel  
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

#### Latter Day Saints

- Sunday 9:30-11 a.m. Anderson St. Chapel

#### Addresses, phone numbers

**Daniel Circle Chapel** — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216  
**Main Post Chapel** — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469  
**Bayonet Chapel** — 9476 Kemper St., 751-4542  
**Family Life Chaplain** - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780  
**Anderson St. Chapel** — 2335 Anderson St., Corner of Jackson Blvd., 751-7032  
**Education Center** — 4581 Scales Ave.  
**Magruder Chapel** — 4360 Magruder Ave., 751-3883  
**120th Rec. Bn. Chapel** — 1895 Washington St., 751-5086  
**Memorial Chapel** — 4470 Jackson Blvd., 751-7324  
**Chaplain School** — 10100 Lee Road, 751-8050

### PWOC Bible Study

9:30 a.m. to 12:30 p.m. Thursday  
Main Post Chapel  
more: pwocjackson@yahoo.com

# FIRST RESPONDER



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

#### Lt. Col. Ronald F. Taylor

Director, Emergency Services/Provost Marshal

#### Sgt. Maj. Allen Taylor Jr.

Provost Sergeant Major

#### Billy Forrester

Fire Chief

#### Cases of the Week

A civilian was charged with drunken driving after a breathalyzer test detected a blood-alcohol content of 0.24 percent, well above the legal limit of 0.08 percent. A guard at Gate 2 noticed a strong odor of alcohol when the driver tried to enter the installation, Military Police said. MPs administered standard field sobriety tests, which the driver failed.

A Soldier sustained minor head injuries after being involved in a fight with another Soldier, according to Military Police. The

two Soldiers were in a verbal confrontation, which escalated when one of the Soldiers pushed the other to the ground and struck him in the head, MPs said.

#### Tip of the Week

Motorcycle riders must attend a motorcycle training class to be permitted to ride on Fort Jackson. A safety card must be presented at the gate along with a Military ID card. For information on the motorcyclist training class, call 751-6004.

Make sure your child is wearing a helmet when riding a bicycle. According to Fort Jackson Supplement 1 to Army Regulation 190-5 (5-7), everyone riding a bicycle, including children in child carriers, must wear a properly fastened and approved helmet. Riding double is prohibited. Bicycles that are operated at night must be equipped with headlight, taillight and reflectors. Bicyclists must move with the flow of traffic and not impede the operation of a motor vehicle.

**crimestoppers**  
**1-888-559-TIPS**  
[www.midlandscrimestoppers.com](http://www.midlandscrimestoppers.com)

## FORCE PROTECTION THOUGHT OF THE WEEK TARGET AMERICA



Please contact the MP Desk to report any suspicious at 751-3113/3114

# LEGAL

## Prevention helps protect identity from thieves

**Capt. Ryan H. Dodd**  
*Legal Assistance Attorney*

Have you ever had that incredible sinking feeling when you realized you cannot find your wallet? Do you know how to protect yourself and your identity? Do you even remember every credit card and piece of paper you keep in your wallet?

By taking a few precautions against fraud you can eliminate most of the problems and stop would-be thieves before they raid your bank accounts and damage your credit report.

First, think prevention. On the back of your credit card is a strip where you are normally advised to sign. The theory is that the store accepting the credit or bank card will be able to verify the person attempting to use the card by comparing the signatures. In reality, this never happens. Instead of signing on the back try writing, “See Photo ID.” Now the person using the card must have your driver’s license and it is easier for a store clerk to compare photographs than signatures.

As well as bank cards and credit cards, many people still use checks, although their use is shrinking due to debit cards. If you do use a checkbook, then it is suggested not to put a Social Security number on the check. For extra safety, you can put a work phone number instead of home phone number and use a Post Office box address instead of home address whenever possible. Remember, once you give someone a check, you do not know how many people will handle the check, and it is a good idea to keep as much personal information off the check as possible.

Another helpful prevention idea is to photocopy the contents of your wallet. Now, if your wallet is lost or stolen you will know exactly what was in your wallet and who you need to notify to report the loss.

Along with the contents be sure you have the phone number of all your credit-card companies but be sure to keep all of this information in a safe place. Remember, the faster you are able to notify credit card companies that a card was stolen, the less time thieves have to use the card.

Second, act fast. So now you realize your wallet is either lost or stolen; your next step will be the key to saving months, and possibly years, of fraud cleanup. The first step should be to call and notify each credit and bank card agency that the card was stolen and needs to be canceled. It is also a good idea to let them know the last time you used the card to verify that the card has not been used by someone else. This is where your photocopy of the contents of your wallet saves you precious time.

After notifying all the credit and bank card companies, notify all three of the credit bureaus and the Social Security Administration to have a fraud alert placed on your account. A fraud alert is a flag on an account that a person might be the victim of identity theft and all companies are required to call you personally to verify that you are the one seeking to obtain credit. After notifying all credit card companies, banks and credit bureaus, it is also important to notify the Department of Motor Vehicles and every other agency or company for which you had a card in your wallet.

### Operation Hours

Fort Jackson’s Legal Assistance Office, located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, is open from 9 a.m. to 4 p.m., Mondays through Thursdays. Appointments can be made by calling 751-4287. The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-4 p.m., Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

Finally, make it official. File a police report with the local police department. Be sure to detail all the items that were in the wallet and the last time you remember having the wallet and using any of the credit cards. Filing a police report for a stolen wallet probably will not get a lot of attention from the police department but it will help in establishing a credit fraud case.

Remember, the faster you act, the less time thieves have to ruin your credit. If you are a potential identity theft victim and would like to learn more about your legal rights, call the Legal Assistance Office and set up an appointment. If you would like to research more about identity theft, visit [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft).

If you have been the victim of identity theft and need to report to the credit bureaus please call Equifax (1-800-525-6285), Experian (1-888-397-3742), Trans Union (1-800-680-7289) and the Social Security Administration (1-800-269-0271).

# SPORTS/FITNESS

## Over indulgence common problem with buffets

### COMMENTARY

**Maj. Thomas Hundley**  
*Moncrief Army Community Hospital*

Ever so often, I encounter a situation that compels me to write. Over the weekend, I was fortunate enough to dine at one of our local “all you can eat” buffet restaurants.

While dining, I witnessed a morbidly obese person dining alone. It was obvious by the three cleaned plates on the table that this person had been dining for a while.

Over the span of an hour, I watched this person make four trips to the buffet line returning with two plates at a time. I could not help but wonder if this person was purposely attempting to inflict self harm through eating.

Then, something unexpected happened; the manager of the restaurant approached the patron and politely asked

them to leave. This undoubtedly caused a confrontation between the two. The patron yelled at the manager and stated, “This is an ‘all you can eat’ restaurant, and I want to get my money’s worth.”

That statement hit me like a ton of bricks. I instantly began to analyze (okay over-analyze) the gravity of our obesity problem. Here are my thoughts: Now, I admit I am guilty of going to a buffet on occasion and doing some serious damage. We all go there with the mindset that we have to “get our money’s worth.”

In essence, we not only get our money’s worth, but we also eat enough for the homeless and pour a little on the ground for our homeys who didn’t make it.

If you think about it, we spend \$6.99 for a buffet (\$8.73 if you drink soda or



**Maj. Thomas Hundley**

tea) and we leave the restaurant with about \$65 worth of food in our stomachs.

You know that ain’t right. “All you can eat” does not mean that you have now entered a contest.

It simply means that you have the free will to eat until you are satisfied. It does not give you free reign to eat until you are tired. Oh, make no mistake about it; I am very passionate about this subject. So I would like to offer a few tips to help us beat the battle of the buffet:

— Drink water. Not only does this reduce your bill at the restaurant, but also prevents you from adding useless calories to your body. So instead of drinking four glasses of sweet tea, drink water.

— Start with soup and salad. Studies show that consuming something hot before your entree will allow you to feel full quicker.

Going to the salad bar counts as one trip, so you can feel good about getting

your money’s worth.

— Be one and done. Make it a habit to only make one trip through the main course line. I promise that no one will think less of you for leaving food for other customers.

— Take a buddy. The more time you spend talking, the less eating you are likely to do. This also allows ample time for the stomach to alert the brain that it is satisfied.

Following these tips will inevitably help you live a longer, healthier life. We owe it to our children (and their children) to set positive examples. Their little eyes watch and imitate our actions.

And if our lives are affected by our intentional bad habits, then their lives are affected by our bad habits. Make a point to lead by example. Your dependents are depending on you.

**Author’s Note:** If you have a burning question or comment that you want addressed related to health and fitness, e-mail Thomas.Hundley@amedd.army.mil.

### A week of training every two days



Photo by Carrie David Ford

**Staff Sgt. Herbert Thompson, Fort Jackson’s and TRADOC’s Drill Sergeant of the Year, right, watches C.J. Wallace, safety for the NFL’s Seattle Seahawks, do a repetition of lateral pull-downs Friday at Perez Gym. 1st Sgt. Dean Durham, deputy commandant for the Drill Sergeant School, trained both men last week. Thompson was training to stay in shape before assuming his duties as TRADOC DSoY next month, and Wallace spent six days preparing for the start of football camp — an equivalent he said of about three weeks of training.**

### Sports Briefs

#### Junior Golf Skills Testing

The Fort Jackson Golf Club is offering skill-levels testing for young golfers. The skill testing is designed to encourage children and teenagers to work on all aspects of their game. For more information, call 787-4437/4344.

#### Ultimate Frisbee

An Ultimate Frisbee program will start in September. For more information, call 751-3096.

#### Children’s Soccer Camp

Registrations for smart start soccer camp are being accepted for children 3-5 years old. The camp is set for 8:30-9:15 a.m., July 28-30 and Aug. 5-7. The cost is \$20 per child. For more information call 751-5040 or to register, call 751-4865.

#### Children’s Football Clinic

A football clinic for children 8-18 years old take’s place 5:30-8 p.m., Monday through Friday at the Youth Sports Complex. The cost is \$30 per child. For more information call 751-5040 or to register, call 751-4865.

#### Small Games

Small games will begin at 6 p.m., today at Magruder’s Pub. The events are for active-duty Soldiers only.

**For youth sports, call 751-5610/5040; For golf information, call 787-4437/4344; For sports information, call 751-3096.**